MPK RECREATION CONNECTION





SUMMER COMMUNITY EVENTS













Register online, by phone or in-person.

Website: www.montereypark.ca.gov/recreation In-Person: 400 W. Emerson Ave. Mon - Fri 8:00am - 4:00pm Recreation & Community Services 626-308-1388 * Aquatics 626-307-1476 * Picnic Shelters 626-307-1395

CLASSES & PROGRAMS

Shotokan Karate Do (Monthly)

Shotokan Karate-Do will help students develop mobility, balance, awareness, reflexes, timing, and discipline. Promotional rankings are available. Friday class is optional. Students must verify holiday make ups with instructor. Ages 6+ years.

Instructor: Richard Kageyama

George Elder Park - Community Center

MWF Beginner 6:30pm - 7:45pm \$37.00 Adults \$35.00 Kids MWF Advanced 8:00pm - 9:00pm \$37.00 Adults \$35.00 Kids

Hitting Fundamentals for Beginning to Advanced Baseball/ Fast-Pitch Softball (Private Instruction)

Designed to teach boys/girls fundamentals of hitting. Students will get repetition by utilizing the latest tee drills, flip drills and front toss drills. Need your own bat and batting helmet. Contact instructor for times and days

Instructor: Jay Simper 626-664-4583

Private Lessons: June 2022 (4 lessons total)

Ages 8yrs - 18yrs

Cost \$129

LoveSetMatch Tennis Juniors (5-11yrs All Levels)

George Elder Park - Tennis Courts

Students will learn the basics of the game of tennis, develop hand-eye coordination, play STEM learning games, learn footwork, racquet skills, and ball awareness skills. Tennis skills include forehand, backhand, serves, and return of serves. Bring 1 can of New Tennis Balls to 1st Class.

(No Class on 5/21)

6 weeks: May 7 - June 18 Sat 9:00am - 10:00am Cost \$268

LoveSetMatch Tennis Teens (12-17yrs All Levels)

George Elder Park - Tennis Courts

Students will learn the basics of the game of tennis, develop hand-eye coordination, play STEM learning games, learn footwork, racquet skills, and ball awareness skills. Tennis skills include forehand, backhand, serves, and return of serves. Bring 1 can of New Tennis Balls to 1st Class.

(No Class on 5/21)

6 weeks: May 7 - June 18 Sat 10:00am - 11:00am Cost \$268

LoveSetMatch Tennis Adults (Beginner & Intermediate) George Elder Park - Tennis Courts

Players will learn & improve on the basics of the game of tennis, develop hand-eye coordination, learn footwork, racquet skills, and ball awareness skills. Tennis skills include forehand, backhand, serves, and return of serves. Bring 1 can of New Tennis Balls to 1st Class. (No Class on 5/21) Cost \$268

6 weeks: May 7 - June 18 Sat 11:00am - 12:00pm

LoveSetMatch Tennis Adults (Intermediate) George Elder Park - Tennis Courts

Players will improve in match play skills with an emphasis on footwork, improving strokes, adding consistency and accuracy to their game all while having fitness fun with friends. Bring 1 can of New Tennis Balls to 1st Class (No Class on 5/21)

6 weeks: May 7 - June 18 Wed 6:30pm - 7:30pm Cost \$268

Chen's Tai Chi

Help calm the mind and relax the body which is becoming survival skills in today's hectic and stress-filled world. Students must verify holiday make-ups with instructor. (No Class on 5/21)

Instructor: Nelson Ong, Barnes Park Amphitheater 6 weeks: May 8 - June 19 Sun 9:30am - 11:00am Cost \$120

Chi Gong - Chinese Yoga Taoist Nei Gong Exercise

Express Physically with the mind and heart feel to be eternal truth. Energy balance through the mental, emotional and spiritual principles.

(No Class on 5/21_ Instructor: Nelson Ong, Barnes Park Amphitheater

6 weeks: May 7 - June 18 Sat 9:30am - 11:00am Cost \$120

Chi Gong - Energy Enhancement Exercise

The sequence movements improving your coordination, strength, flexibility and stamina. Students must verify holiday make ups with instructor.

(No Class on 5/20 & 5/27)

Instructor: Nelson Ong, Barnes Park Amphitheater 6 weeks: May 6 - June 24 Fri 9:30am - 11:00am

Cost \$120

SENIOR PROGRAMS

Senior Lunch Program

Langley Center is delivering weekly curbside meals on Wednesday for city residents only.

- Must be a resident and 60+ years or individual with permanent or temporary disability.
- Completed lunch intake application form.
- Lunches will consist of 2 boxed lunches and 3 frozen meals distributed weekly on Wednesday from 11:00 am - 2:00pm.
- Reservations are required.

Dial-A-Ride Transit Services

Dial-A-Ride services will remain available with the following modifications to ensure public safety: rides will only be provided for essential trips to medical facilities, grocery stores or local pharmacies. In addition, the City's supplemental low-cost Dial-A-Taxi service is available 24hours, 7 days a week. Call Langley Center 626-307-1395 for more information on any

Senior Services or programs.





DATE: SATURDAY, JUNE 11, 2022 TIME: CITY WILL SCHEDULE TIME SLOTS FOR EACH PARTICIPANT LOCATION: GARVEY RANCH PARK, 781 S. ORANGE AVE FOR MORE DETAILS OR TO REGISTER VISIT:

Participants are divided into two age divisions: 12U and 14U
Each participant must provide their own helmet and bat
nts/guardians should be ready and able to show proof of participant
age (copy/picture of birth certificate, etc.)

Recreation & Community Services Department 626-307-1395, Recreation@montereypark.ca.go